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Family Name						
Given Names						
Student Number						
Teaching Period	Semester 1, 2017					

FINAL EXAMINATION	DURATION
SPE206 – Exercise and Sport Psychology 1	
	Reading Time: 10 minutes
	Writing Time: 120 minutes

INSTRUCTIONS TO CANDIDATES

EXAM CONDITIONS

You may begin writing from the commencement of the examination session. The reading time indicated above is provided as a guide only.

This is a CLOSED BOOK examination

No calculators are permitted

No handwritten notes are permitted

No dictionaries are permitted

ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED
No additional printed material is permitted	1 x Scrap Paper

**THIS EXAMINATION IS PRINTED
DOUBLE-SIDED.**

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Section B

Short Answer Questions

Total marks for this section: 20 marks

Each question is worth two (2) marks

Marks are equally divided within each question.

Answer in the spaces provided.

Suggested time allocation for Section B: 20 minutes

Question 1

There are two areas that people working in the sport psychology field can specialise in. Name these and describe the difference.

1. _____

2. _____

The difference is:

(Marks: 2)

Question 2

When considering Personality Testing in sport and exercise name one (1) thing you should do and one (1) thing you shouldn't do.

1. 'Should' = _____

2. 'Shouldn't' = _____

(Marks: 2)

Question 3

In Leadership there are two different types of leaders. Define and explain the difference.

1. Manager

Definition:

2. Leader

Definition:

The difference: _____

(Marks: 2)

Question 4

1. Define Self Efficacy:

2. Name two of a possible 6 sources of self efficacy as described in Albert Bandura's theory:

(i) _____

(ii) _____

(Marks: 2)

Question 5

When considering Arousal Regulation, Lazarus and Folkman (1984) talk about 'Coping'. Name and define two categories of Coping.

1. _____

2. _____

(Marks: 2)

Question 6

1. What is self-awareness? Define:

2. Which phase of the Psychological Skills Training (PST) process is self-awareness critical? And why?

(Marks: 2)

Question 7

Imagery is an effective tool. There are two keys to effective imagery that can be subjectively rated, name these:

1. _____
2. _____

(Marks: 2)

Question 8

Name two Psychological Skills Training (PST) tools that can help improve Self Confidence:

1. _____
2. _____

(Marks: 2)

Question 9

There are three different types or levels of goals: Outcome, Performance and Process. Define two of these goals.

1. _____ goals.

Definition: _____

2. _____ goals.

Definition: _____

(Marks: 2)

Question 10

Team Cohesion can be split into two concepts. Name and define these two types of cohesion:

1. _____

2. _____

(Marks: 2)

This is the end of Section B (Total 20 Marks). Please ensure that you have written your name and student number on your examination sheet.

Section C
Extended Answer Questions

Total marks for this section: 40 marks

Each question is worth ten (10) marks and the marks allocated in each question are indicated.

Answer in the spaces provided.

Suggested time allocation for Section C: 60 minutes

Question 1

As a coach, an athlete comes to you saying they are nervous and highly anxious about an upcoming competition. In deciding how you can help

1. Which of the various Anxiety and Arousal theories would you use?

and why? _____

(Marks: 4)

2. What intervention (ie PST tool) would you implement? Name two tools and why they match the theory you chose above.

(i)(a) Tool _____

(b) Why? _____

(Marks: 3)

(ii)(a) Tool _____

(b) Why? _____

(Marks: 3)

(Marks: 6)

Question 2

There are five different theories that attempt to explain how Imagery works. Name three theories and explain how imagery works according to each theory.

1. _____ theory.

Explain:

(Marks: 2)

2. _____ theory.

Explain:

(Marks: 2)

3. _____ theory.

Explain:

(Marks: 2)

4. Which of the above theories do you think is the best explanation and why?

(Marks: 4)

Question 3

1. Define Deci & Ryan's 'Self Determination Theory'?

(Marks: 2)

2. How does Self Determination Theory relate to Burnout in sport and /or exercise?

(Marks: 4)

3. Describe two ways to prevent Burnout in sport and /or exercise:

(i) _____

(ii) _____

(Marks: 4)

Question 4

1. Define 'Aggression' in sport:

(Marks: 2)

2. What is the difference between Hostile and Instrumental Aggression?

(Marks: 4)

3. Name **four** strategies that could be implemented to decrease aggression in your chosen sport.

Sport: _____

(i) _____

(ii) _____

(iii) _____

(iv) _____

(Marks: 4)

This is the end of Section C (Total 40 Marks). Please ensure that you have written your name and student number on your examination sheet.

Working Sheets